

Hobbies

"My Favorite Things"

"Cheek to Cheek"

"Take Me Out to the Ballgame"

"Everything's Coming Up Roses"

"Mona Lisa"

Great American Songbook Hobbies

Whether you enjoy gardening, sports or art there's a song for hobbies that bring you joy! In this month's Perfect Harmony packet you'll find music activities inspired by a few of your favorite things.



Song: "My Favorite Things" (1959)
From the musical *The Sound of Music*

Brief Context: The song "My Favorite Things" is featured in Rodgers and Hammerstein's last musical collaboration together, *The Sound of Music*. During this song, Maria — played by Julie Andrews in the 1965 film — consoles the Von Trapp children during a storm by telling them to think about their favorite things when they're feeling sad or scared.

***Activity:* Singing & Engaged Discussion**

What do you need?

- **Perfect Harmony "My Favorite Things" video**
- **Perfect Harmony "My Favorite Things" lyrics**

Suggested Discussion Prompt

What are a few of your favorite things?

Examples below, if needed:

- ***Travel***
- ***Animals***
- ***Family***
- ***Singing***



My Favorite Things

Raindrops on roses and whiskers on kittens

Bright copper kettles and warm woolen mittens

Brown paper packages tied up with strings

These are a few of my favorite things

Cream-colored ponies and crisp apple strudels

Doorbells and sleigh bells and schnitzel with noodles

Wild geese that fly with the moon on their wings

These are a few of my favorite things

Girls in white dresses with blue satin sashes

Snowflakes that stay on my nose and eyelashes

Silver-white winters that melt into springs

These are a few of my favorite things

When the dog bites

When the bee stings

When I'm feeling sad

I simply remember my favorite things

And then I don't feel so bad

Song: "Cheek to Cheek" (1935)

Songwriter: Irving Berlin

Brief Context: This song was written by Irving Berlin and was featured in the Astaire-Rogers movie *Top Hat*. It describes the glorious feeling of dancing very close with a person you care for deeply. Some of the many artists who covered this song have included Louis Armstrong, Doris Day, Ella Fitzgerald, and Frank Sinatra.

Activity: Singing

What do you need?

- **Perfect Harmony "Cheek to Cheek" video**
- **Perfect Harmony "Cheek to Cheek" lyrics**

Did you know?

Dancing is a creative activity that can lift your mood, reduce stress and release negative emotions. For older adults, dancing can help:

- 1. Strengthen your heart**
- 2. Improve strength, flexibility and agility**
- 3. Keep mentally sharp**
- 4. Prevent falls**
- 5. Connect and engage socially**



Cheek to Cheek

Heaven, I'm in heaven

And my heart beats so that I can hardly speak

And I seem to find the happiness I seek

When we're out together dancing cheek to cheek

Heaven, I'm in heaven

And the cares that hung around me through the week

Seem to vanish like a gambler's lucky streak

When we're out together dancing cheek to cheek

Oh I'd love to climb a mountain

And reach the highest peak

But it doesn't thrill me half as much

As dancing cheek to cheek

I'd love to go out fishing

In a river or a creek

But I don't enjoy it half as much

As dancing cheek to cheek

Dance with me

I want my arms about you

The charms about you

Will carry me through to

Heaven, I'm in heaven

And my heart beats so that I can hardly speak

And I seem to find the happiness I seek

When we're out together dancing cheek to cheek

Song: "Take Me Out to the Ballgame" (1908)
As performed by: The Andrews Sisters

Brief Context: Tin Pan Alley lyricist Jack Norworth and composer Albert Von Tilzer wrote "Take Me Out to the Ball Game" in 1908. Norworth was inspired to write the song while riding the subway where he spotted an advertisement for an upcoming baseball game. The tune would make its game-day debut in 1934.

Activity: Movement

What do you need?

- **Perfect Harmony "Take Me out to the Ballgame" video**

Suggested Seated Movement

Follow Perfect Harmony leader Lindsay or create your own seated movement!

Use movements like . . .

- **Stretching arms above your head**
- **Small, slow circles with arms**
- **Pretend to swing a bat**



Song: "Everything's Coming Up Roses" (1959) from the musical *Gypsy*

Brief Context: "Everything's Coming Up Roses" is a song from the 1959 Broadway musical *Gypsy*, with lyrics by Stephen Sondheim and music by Jule Styne. It was most famously sung by Ethel Merman. It is sung by the main character, Rose to her daughter, Louise, who has just become engaged. Rose hopes her daughter will become a famous star and sings this song to persuade her to not get married and go into show business.

Activity: Listening

What do you need?

- **Perfect Harmony "Everything's Coming Up Roses" video**

Songbook Archives Artifact



**"Everything's Coming Up Roses" sheet music from
the Robert Grimes Collection, GASF Library & Archives**

Song: "Mona Lisa" (1949)
Made popular by Nat "King" Cole

Brief Context: In the song "Mona Lisa," Nat "King" Cole compares his love to the famous painting by Leonardo da Vinci. The Mona Lisa is famous for her smile and her mystique, as the portrait has become one of the most famous works of art in history. It was written by Ray Evans and Jay Livingston for the movie *Captain Carey, U.S.A.* It won an Oscar for Best Song. Other songs written by Evans and Livingston include include "Silver Bells," "Que Sera, Sera" and "Buttons And Bows."

Activity: Listening

What do you need?

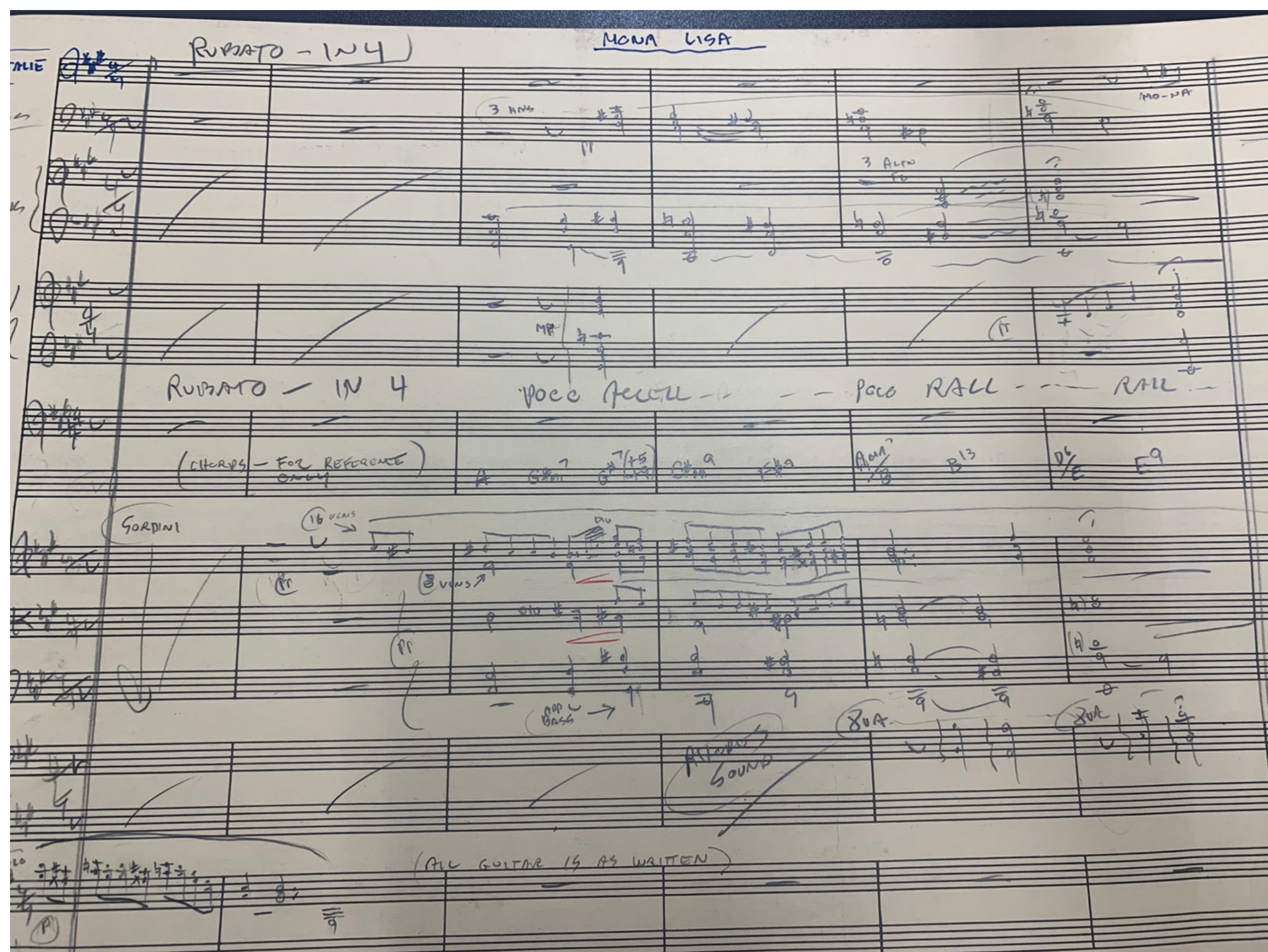
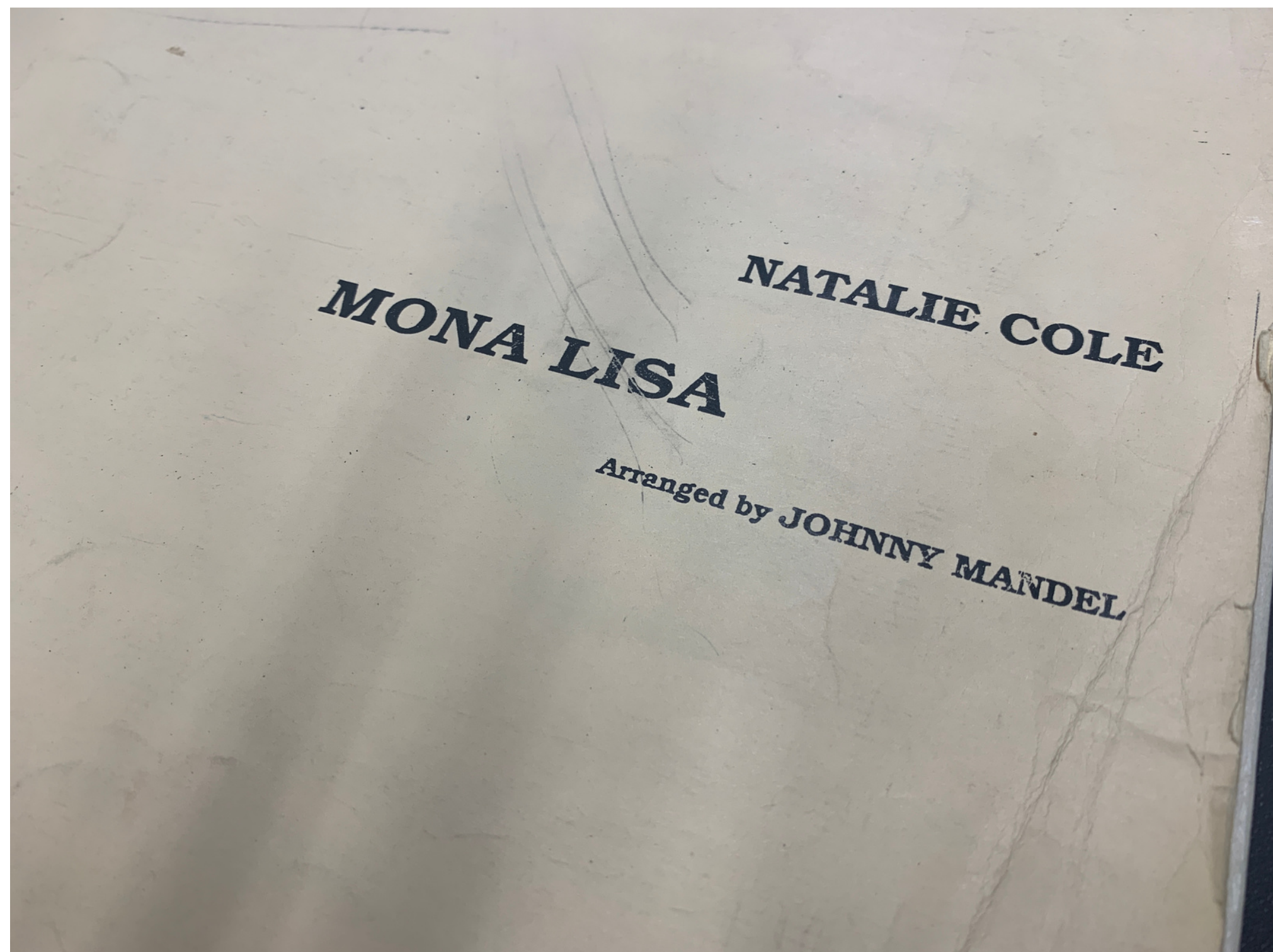
- Perfect Harmony "Mona Lisa" video

Did you know?

Leonardo Da Vinci's 16th-century painting *Mona Lisa* gained much of its fame after it was stolen from the Louvre in France on August 21, 1911. The theft of the *Mona Lisa* was a worldwide news sensation and made the painting the household name it is today.



Songbook Archives Artifact



A handwritten arrangement by Johnny Mandel of the song "Mona Lisa" for the singer Natalie Cole, from the Natalie Cole Collection (Songbook Library & Archives)